








## CHRISTCHURCH HARSPA FITNESS TIMETABLE

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>AQUA CIRCUIT</b> 8.45am - 9.30am</p> <p></p> <p>Instructor: Dan Members: Free Non-Members: £8.00</p>	<p><b>YOGA</b> 9.30am - 10.30am</p> <p></p> <p>Instructor: Becca £7.00 to instructor or £33.00 for 6 weeks</p>	<p><b>AQUA CIRCUIT</b> 8.45am - 9.30am</p> <p></p> <p>Instructor: Beata or Dan Members: Free Non-Members: £8.00</p>	<p><b>AQUA CIRCUIT</b> 8.45am - 9.30am</p> <p></p> <p>Instructor: Beata Members: Free Non-Members: £8.00</p>
<p><b>LEGS, BUMS &amp; TUMS</b> 6.15pm - 7.00pm</p> <p></p> <p>Instructor: Beata Members - Free Non-Members - £4.00</p>	<p><b>YOGA</b> 6.00pm - 7.15pm</p> <p></p> <p>Instructor: Becca £7.00 to instructor or £33.00 for 6 weeks</p>		
<p><b>LEGS, BUMS &amp; TUMS</b> 7.10pm - 7.55pm</p> <p></p> <p>Instructor: Beata Members - Free Non-Members - £4.00</p>	<p><b>AQUA AEROBICS</b> 7.00pm - 7.45pm</p> <p></p> <p>Instructor: Beata Members - Free Non-Members - £8.00</p>		
	<p><b>YOGA</b> 7.30pm - 8.45pm</p> <p></p> <p>Instructor: Becca £7.00 to instructor or £33.00 for 6 weeks</p>		

### CLASS DETAILS

**AQUA:** A mixture of low impact aerobic exercises. Strengthening and toning workout using the resistance of water for maximum fitness improvements

**LEGS, BUMS, TUMS:** Specific exercises to work on those areas -a 15 minute fat burner followed by resistance exercises using the weight of your body or rubber bands and free weights for maximum effect.

**YOGA:** Candlelit yoga Involves stretching, meditation and breathing practices that will help rejuvenate, build strength and soothe the whole body and mind. Bookable with Becca. Email: [Becca@yogabee.co.uk](mailto:Becca@yogabee.co.uk)

# H<sup>A</sup><sub>R</sub>SPA

Christchurch Harbour Hotel & Spa

95 Mundeford Road, Christchurch, BH23 3NT

 [www.harbourhotels.co.uk/christchurch](http://www.harbourhotels.co.uk/christchurch)

 [christchurch.spa@harbourhotels.co.uk](mailto:christchurch.spa@harbourhotels.co.uk)

 01202 400955